

**SAVE THIS FROM TO YOUR HARDDRIVE—RENAME IT TO  
YOUR AKO USERNAME**

\*AKO Email Address: frank.seitz\_@us.army.mil

\*Last Name: Seitz

\*First Name: Frank

\*Middle Initial: J      \*Rank: SFC      \*Duty Position (Not MOS): Medical Training  
NCO

If you are a full time technician, please give your employment information not  
M-Day status.

\*Unit / Directorate of Assignment: 70<sup>th</sup> REG (LDR)

\* Section / Department / Office: Medical Training

\*Unit / Directorate Address: 13720 Omaha Beach Circle Reistertown MD 21136

\*Unit / Duty Phone Number: 410-702-9363

\*Unit / Duty Fax Number: 410-702-9680

Cell Phone (Opt):

\*\*\*Request the following Account Access\*\*\*

☐ Network Access only (no-email)

☐ Network Access with AKO address added to MD Global Address List

☒ Network Access with MDARNG Email Account Enabled (Outlook)